

Working with psychosis
Reading list - Books
Keith Coupland and Susie Wild

This course has been influenced by the movement to humanise the understanding and skills of working with psychosis. One of the key texts has been the work of Richard Bentall, *Madness Explained* (Bentall, 2003).

Bentall provides a normalizing approach to understanding psychosis as a part of the continuum of human experiences rather than an isolated and distinct disease. This human approach is supported by the work of Garry Prouty with what he calls 'contact work' or 'pre-therapy' (Prouty, 2008). Prouty emphasizes the importance of making a psychological connection with persons who are dis-connected from the social world by the depth of their psychosis. When the connection to the person is made then a similar, 'person centred' understanding of psychosis is developed by Paul Chadwick (P. Chadwick, 2006).

Both of these approaches are closely linked to the work of Carl Rogers, who in turn was influenced by existential philosophy and the work of Martin Buber (Friedman, 2003) in what it takes for a human being to connect to others in meaningful relationships of dialogue. Carl Rogers and Eugene Gendlin are well known as leading the person centred approach in therapy and were able to demonstrate therapy with schizophrenia (Rogers & Gendlin, 1967).

Psychiatrists such as Loren Mosher and Luc Ciompi have kept their faith in the importance of psychosocial interventions even during the bleak decades when medication and physical interventions were thought the only way of treating psychosis (Mosher, Hendrix, & Fort, 2004; Read, Mosher, & Bentall, 2004).

Aaron (Tim) Beck, the founding father of Cognitive Behavioural Therapy (CBT) had started working with people with psychosis from a psychological stance from the late 1940s and his excellent paper on working with a patient with delusions (A. T. Beck, 1952) is an example of good practice that is hard to improve on. This paper is reproduced in full with a commentary on the following pages in Morrison's excellent edited book (A. T. Beck, 2002).

We have sought to understand psychosis from all perspectives. From the medical perspective a brief and clear approach is provided by

Oliver Freudenreich (Freudenreich, 2008). An important aspect of the medical perspective on psychosis is the understanding of the serious *physical* health consequences of serious *mental* illness (Leucht, Bukard, Henderson, Maj, & Sartorius, 2007).

Using medication wisely is the sub title of John Watkins excellent and balanced book about treating schizophrenia (J. Watkins, 2006). Watkins has also written a book on helping voice hearers and another on the negative symptoms of schizophrenia, both of which are also excellent (J. Watkins, 1996, 1998).

A phenomenological understanding of descriptive psychopathology is given in the excellent book by Sims, which was updated to a fourth edition after Sims' death by Femi Oyebode (Oyebode, 2008). Sims was always keen to show the purpose of psychopathology as giving us a better understanding and empathy for the person rather than just classifying some disease process.

A wide psycho-social perspective is given in the excellent chapters of *Society and Psychosis* (Morgan, McKenzie, & Fearon, 2008). The cultural context is also explored in the book edited by Janis Jenkins and Robert Barrett (Jenkins & Barrett, 2004).

The powerful stigmatizing effect of serious mental illness is explored in *Shunned*, edited by Thornicroft (Thornicroft, 2006).

More distinctly Cognitive Behavioural Therapy (CBT) approaches are outlined in two excellent books, one very practical (Wright, Turkington, Kingdon, & Basco, 2009) and the other giving very thorough theoretical underpinnings (Aaron T Beck, Rector, Stolar, & Grant, 2009).

CBT can be used in inpatient settings too, and Clarke and Wilson edit an array of inspiring individual and group approaches to psychosis and other distressing conditions (Clarke & Wilson, 2009).

To show the growing diversity of understandings of psychosis from a CBT perspective we recommend the narrative approaches of Rhodes and Jakes with its many practical exercises (Rhodes & Jakes, 2009).

There are many useful books on working with 'voices'. In addition to those mentioned above there are two seminal works on the subject, the first, *Accepting Voices* (Romme & Escher, 1993) brought the normalization of voice hearing to general acceptance. The second is a very useful guide for

practitioners (Romme & Escher, 2000).

A drama therapy approach to voices, including a very useful way of understanding the three dimensional structure of the person's voices is described by John Casson (Casson, 2004). Although superseded by later accounts the early treatise on working with voices by Chadwick and colleagues opened our eyes to helpful therapy (P. D. J. Chadwick, Birchwood, & Trower, 1996).

CBT specifically for command hallucinations is outlined by Byrne and colleagues (Byrne, 2006).

A helpful guide to casework in CBT for psychosis and how to train, supervise and implement the approaches is provide by two psychiatrists, David Kingdon and Doug Turkington (Kingdon & Turkington, 2002) who also wrote one of the most important CBT guides (Kingdon & Turkington, 2005).

Ways of trying to conceptualise and plan therapy for the problems faced by persons experiencing psychosis can be found in many of the books mentioned previously; specifically in the book on psychological formulation edited by Lucy Johnstone and Rudi Dallos (Johnstone & Dallos, 2006).

Practical books that service users, practitioners and carers can access are

- *Know your mind* (Freeman & Freeman, 2009)
- *Think you are crazy, think again!* (Morrison, Renton, French, & Bentall, 2008)

A book that specifically targets first episode psychosis from a multidisciplinary view is *The recognition and management of early psychosis* (Jackson & McGorry, 2009) and from a CBT approach (French & Morrison, 2004).

There are now many books that make the many links between stress, trauma and psychosis (Larkin & Morrison, 2006; Moskowitz, Schafer, & Dorahy, 2008; Ross, 2007). The psychiatrist Colin Ross has had a very long history of researching the links between trauma and mental illnesses including psychosis (Ross, 2004, 2007).

Recovery approaches in a variety of settings are described by practitioners, service users and carers in the book edited by Velleman

(Velleman, 2007).

Further recovery approaches from many different perspectives are also explored in books by service users, psychiatrists and other practitioners

- Brown, 2007; D'Ombraine Hewitt, 2007
- Davidson, Harding, & Spaniol, 2005
- Gray, 2006; Gumley & Schwannauer, 2006
- Ralph & Corrigan, 2005
- Roberts, Davenport, Holloway, & Tatton, 2006
- Warner, 2003
- P. Watkins, 2007
- Whitwell, 2005

A very helpful collation of research evidence about recovery from psychosis is provided in work from the Center for Psychiatric Rehabilitation in Boston (Davidson, Harding, & Spaniol, 2005).

There is a whole range of excellent books from the International Society for the Psychological treatments of the Schizophrenias and other psychoses (ISPS) see separate list in appendix.

ISPS Books (all published by Routledge: London)

(2011) *CBT for Psychosis: A Symptom-based Approach* (International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses)

[Roger Hagen](#) (Editor), [Douglas Turkington](#) (Editor), [Torkil Berge](#) (Editor), [Rolf W Gråwe](#) (Editor)

(2009) [Making Sense of Madness \(International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses\)](#) by Jim Geekie and John Read

(2009) [Past, Present and Future of Psychotherapeutic Approaches to Schizophrenic Psychoses \(International Society for the Psychological Treatments of the of the Schizophrenias and Other Psychoses\)](#) by Yrjo O. Alanen, Manuel Gonzalez de Chavez, Ann-Louise S. Silver, and Brian Martindale

(2008) [Beyond Medication \(International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses\)](#) by David Garfield and Daniel Mackler

(2008) [Therapeutic Communities for Psychosis: Philosophy, History and Clinical Practice \(International Society for the Psychological Treatments of the Schizophrenias and Other Psychoses\)](#) by John Gale, Alba Realpe, and Enrico Pedriali

(2007) [Psychotherapies for the Psychoses: Theoretical, Cultural and Clinical Integration \(International Society for the Psychological Treatments Schizophrenias and Other Psychoses\)](#) by John F. M. Gleeson, Eóin Killackey, and Helen Krstev

(2007) [Experiences of Mental Health In-patient Care: Narratives from Service Users, Carers and Professionals: 2 \(International Society for the Psychological Treatment of Schizophrenias and Other Psychoses\)](#) by Mark Hardcastle, David Kennard, Sheila Grandison, and Leonard Fagin

(2006) [Family and Multi-family Work with Psychosis \(International Society for the Psychological Treatment of Schizophrenia and Other Psychoses\)](#) by Gerd-Ragna Bloch Thorsen, Trond Gronnestad, and Anne Lise Oxnevad

(2006) [Psychoses \(International Society for the Psychological Treatment of Schizophrenia and Other Psychoses\)](#) by Johan Cullberg

(2006) [Evolving Psychosis \(International Society for the Psychological Treatment of Schizophrenia and Other Psychoses\)](#) by Jan Olav Johannessen, Brian V. Martindale, and Johan Cullberg

(2004) [Models of Madness: Psychological, Social and Biological Approaches to Schizophrenia](#) by John Read, Richard Bentall, and Loren Mosher

- Beck, A. T. (1952). Successful outpatient psychotherapy of a chronic schizophrenic with a delusion of borrowed guilt. *Psychiatry*, *15*, 305-312.
- Beck, A. T. (2002). Successful outpatient psychotherapy of a chronic schizophrenic with a delusion of borrowed guilt: A 50 year retrospective. In A. P. Morrison (Ed.), *A Casebook of cognitive therapy for psychosis* (pp. 15-18). Hove: East Sussex: Brunner-Routledge.
- Beck, A. T., Rector, N. A., Stolar, N., & Grant, P. (2009). *Schizophrenia: Cognitive Theory, Research, and Therapy*. New York: NY: The Guilford Press.
- Bentall, R. (2003). *Madness explained: Psychosis and human nature*. London: Penguin.
- Brown, C. (Ed.). (2007). *Recovery and Wellness Models of Hope and Empowerment for People with Mental Illness*. Binghamton: NY: The Haworth Press Inc.
- Byrne, S. (2006). *A casebook of cognitive behaviour therapy for command hallucinations : a social rank theory approach*. Hove: East Sussex: Routledge.
- Casson, J. W. (2004). *Drama, psychotherapy and psychosis : dramatherapy and psychodrama with people who hear voices*. Hove, East Sussex [England] ; New York: Brunner-Routledge.
- Chadwick, P. (2006). *Person-based cognitive therapy for distressing psychosis*. Chichester, England ; Hoboken, NJ: John Wiley & Sons.
- Chadwick, P. D. J., Birchwood, M. J., & Trower, P. (1996). *Cognitive therapy for delusions, voices and paranoia*. Chichester: Wiley.
- Clarke, I., & Wilson, H. (Eds.). (2009). *Cognitive Behaviour Therapy for Acute Inpatient Mental Health Units: Working with Clients, Staff and the Milieu*. Hove: East Sussex: Routledge.
- D'Ombraine Hewitt, R. (2007). *Moving On: A Guide to Good Health and Recovery for People with a Diagnosis of Schizophrenia*. London: Karnac Books.
- Davidson, L., Harding, C., & Spaniol, L. R. (Eds.). (2005). *Recovery from Severe Mental Illnesses: Research Evidence and Implications for Practice* (Vol. 1). Boston, MA: Center for Psychiatric Rehabilitation.
- Freeman, D., & Freeman, J. (2009). *Know Your Mind: Everyday Emotional and Psychological Problems and How to Overcome Them*. London: Pan Macmillan.
- French, P., & Morrison, A. P. (2004). *Early Detection and Cognitive Therapy for People at High Risk of Developing Psychosis: A Treatment Approach*. Chichester: West Sussex: John Wiley & Sons

Ltd.

- Freudenreich, O. (2008). *Psychotic Disorders*. Philadelphia: PA: Lippincott, Williams & Wilkins.
- Friedman, M. S. (2003). Martin Buber and dialogical psychotherapy. In R. Frie (Ed.), *Understanding experience: Psychotherapy and postmodernism*. London: Routledge.
- Gray, P. (2006). *The Madness of Our Lives: Experiences of Mental Breakdown and Recovery*. London: Jessica Kingsley Publishers.
- Gumley, A., & Schwannauer, M. (2006). *Staying Well After Psychosis: A Cognitive Interpersonal Approach to Recovery and Relapse Prevention*. Chichester: West Sussex: John Wiley & Sons Ltd.
- Jackson, H. J., & McGorry, P. D. (Eds.). (2009). *The Recognition and Management of Early Psychosis A Preventative Approach* (2 ed.). New York: NY: Cambridge University Press.
- Jenkins, H. J., & Barrett, R. J. (Eds.). (2004). *Schizophrenia, Culture, and Subjectivity: The Edge of Experience*. Cambridge: Cambridge University Press.
- Johnstone, L., & Dallos, R. (Eds.). (2006). *Formulation in Psychology and Psychotherapy: Making sense of people's problems*. Hove: Routledge.
- Kingdon, D. G., & Turkington, D. (2005). *Cognitive Therapy of Schizophrenia: Guides To Individualized Evidence-Based Treatment*. New York: NY: The Guilford Press.
- Kingdon, D. G., & Turkington, D. (Eds.). (2002). *The Case Study Guide to Cognitive Behaviour Therapy of Psychosis*. Chichester: West Sussex: John Wiley & Sons Ltd.
- Larkin, W., & Morrison, A. P. (Eds.). (2006). *Trauma and Psychosis: New directions for theory and therapy*. Hove: East Sussex: Routledge.
- Leucht, S., Bukard, T., Henderson, J. H., Maj, M., & Sartorius, N. (2007). *Physical Illness and Schizophrenia*. Cambridge: Cambridge University Press.
- Morgan, C., McKenzie, K., & Fearon, P. (Eds.). (2008). *Society and Psychosis*. Cambridge: Cambridge University Press.
- Morrison, A. P., Renton, J. C., French, P., & Bentall, R. (2008). *Think you're crazy, think again: A resource book of cognitive therapy for psychosis*. London: Routledge.
- Mosher, L. R., Hendrix, V., & Fort, D. C. (2004). *Soteria: Through Madness to Deliverance*: Xlibris Corporation.
- Moskowitz, A., Schafer, I., & Dorahy, M. J. (Eds.). (2008). *Psychosis, Trauma and Dissociation: Emerging perspectives on severe psychopathology*. Chichester: West Sussex: John Wiley & Sons.

- Oyebode, F. (2008). *Sims' Symptoms in the Mind: An Introduction to Descriptive Psychopathology*. Philadelphia: PA: Elsevier Limited.
- Prouty, G. (Ed.). (2008). *Emerging Developments in Pre-Therapy: A Pre-Therapy Reader*. Ross-on-Wye: Herefordshire: PCCS Books Ltd.
- Ralph, R. O., & Corrigan, P. W. (Eds.). (2005). *Recovery in Mental Illness: Broadening Our Understanding of Wellness*. Washington: DC: American Psychological Association.
- Read, J. D., Mosher, L. R., & Bentall, R. P. (2004). *Models of madness : psychological, social and biological approaches to schizophrenia*. Hove ; New York: Brunner-Routledge.
- Rhodes, J., & Jakes, S. (2009). *Narrative CBT for Psychosis*. Hove: East Sussex: Routledge.
- Roberts, G., Davenport, S., Holloway, F., & Tatton, T. (Eds.). (2006). *Enabling Recovery: The principles and practice of rehabilitation psychiatry*. London: Gaskell, The Royal College of Psychiatrists.
- Rogers, C. R., & Gendlin, E. T. (1967). *The therapeutic relationship and its impact : a study of psychotherapy with schizophrenics*. Madison: Wisconsin: University of Wisconsin Press.
- Romme, M. A. J., & Escher, S. (1993). *Accepting Voices*. London: Mind.
- Romme, M. A. J., & Escher, S. (2000). *Making Sense of Voices*. London: Mind.
- Ross, C. A. (2004). *Schizophrenia : Innovations in diagnosis and treatment*. New York: Haworth Maltreatment and Trauma Press.
- Ross, C. A. (2007). *The Trauma Model: A Solution to the Problem of Comorbidity in Psychiatry*. Richardson: TX: Manitou Communications Inc.
- Thornicroft, G. (2006). *Shunned: discrimination against people with mental illness*. Oxford: Oxford University Press.
- Velleman, R. (2007). *Changing outcomes in psychosis*. London: Blackwell.
- Warner, R. (2003). *Recovery from schizophrenia : psychiatry and political economy*. Philadelphia, Pa.: Brunner/Routledge.
- Watkins, J. (1996). *Living with schizophrenia : an holistic approach to understanding, preventing and recovering from "negative" symptoms*. Melbourne, Australia: Hill of Content.
- Watkins, J. (1998). *Hearing voices : a common human experience*. Melbourne: Hill of Content.
- Watkins, J. (2006). *Healing Schizophrenia: Using Medication Wisely*. Melbourne: Michelle Anderson
- Watkins, P. (2007). *Recovery: a guide for mental health practitioners*. Philadelphia: PA: Churchill Livingstone: Elsevier.
- Whitwell, D. (2005). *Recovery Beyond Psychiatry*. London: Free

Association Books.

Wright, J. H., Turkington, D., Kingdon, D. G., & Basco, M. R. (2009).
*Cognitive-Behaviour Therapy for Severe Mental Illness - An
Illustrated Guide*. Arlington: VA: American Psychiatric Publishing.